

## CLAIMS

What is claimed is:

1. A method for improving language processing skills of a user, comprising:

5 directing a user to perform a warm-up activity, wherein the user responds to a display of visual flash stimuli by verbalizing at least a portion of the visual flash stimuli during the warm-up activity;

providing the warm-up activity by:

10 displaying a first series of visual flash stimuli to the user, the first series of visual flash stimuli comprising pairs of rhyming words;

displaying a second series of visual flash stimuli to the user, the second series of visual flash stimuli comprising pairs of rhyming phrases; and

once the warm-up activity is completed, directing the user to proceed to perform other mental exercises.

15 2. The method of Claim 1, wherein displaying a first series of visual flash stimuli to the user comprises displaying a first word on one side of a display screen and displaying a second word that rhymes with the first word on the other side of the display screen.

20 3. The method of Claim 2, wherein the user verbalizes the first word and the second word.

4. The method of Claim 2, wherein the user verbalizes the first word, spells the first word, verbalizes the first word again and then verbalizes the second word, spells the second word, and verbalizes the second word again.

5. The method of Claim 1, wherein displaying a second series of visual flash stimuli to the user comprises displaying a first phrase on one side of a display screen and displaying a second phrase that rhymes with the first phrase on the other side of the display screen.

6. The method of Claim 5, wherein the user verbalizes the first phrase and the second phrase.

7. The method of Claim 1, wherein the other mental exercises include letter flash exercises and word flash exercises.

8. A method for improving symbol processing skills, comprising:

providing a first eye movement activity wherein a user responds to a display of visual flash stimuli by verbalizing at least a portion of the visual flash stimuli during the eye movement activity by:

5 displaying a first series of visual flash stimuli to the user, the first series of visual flash stimuli comprising word prefixes and suffixes;

displaying a second series of visual flash stimuli to the user, the second series of visual flash stimuli comprising word roots; and

10 displaying a third series of visual flash stimuli to the user, the third series of visual flash stimuli comprising words that include the word prefixes, suffixes and roots;

providing a letter flash activity wherein the user responds to a display of letters by inputting the letters displayed into a computer system;

15 if the user achieves a predetermined success threshold for the letter flash activity, then proceeding to provide a word flash activity that displays the words, wherein the user responds to a display of words by inputting the words into the computer system; and

providing a second eye movement activity by:

displaying each word along with a definition for the word; and

displaying each words along with a sentence that uses the word.

20 9. The method of Claim 8, wherein the letter flash activity displays four letters.

10. The method of Claim 8, wherein the predetermined success threshold is correctly inputting at least 90% of the displayed letters.

11. The method of Claim 8, further comprising:

5 if the user does not achieve the predetermined success threshold for the letter flash activity, then directing the user to perform another eye movement activity and another letter flash activity.

12. The method of Claim 8, wherein displaying each word along with a definition for the word comprises displaying the word on one side of a display screen and the definition on the other side of the display screen.

13. The method of Claim 8, wherein the user responds to the display of each word and definition in the second eye movement exercise by verbalizing the word and the definition for the word.

14. The method of Claim 8, wherein displaying each word along with a sentence for the word comprises displaying a subject that includes the word on one side of a display screen and a predicate for the sentence on the other side of the display screen.

15. The method of Claim 8, wherein the user responds to the display of each word and sentence in the second eye movement exercise by verbalizing the sentence and the definition for the word.